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City of Somerville Council on Aging



167 Holland Street, Somerville, MA 02144 617-625-6600, ext. 2300

Welcome Spring!

Beat the Winter Blues AND Gain Strength



As you know, it has been hard to get out of the house and move this winter and it doesn't take long to lose strength, lose mobility and feel weaker. We want to remind everyone that the best way to regain that strength and fight the winter blues is to get moving and exercise. The Council on Aging offers many exercise classes for all ages and levels. Please check the newsletter here for class offerings and schedules or feel free to contact Chris Kowaleski at (617)625-6600, ext. 2315.

No matter how long the winter, spring is sure to follow. ~Proverb



That's a good proverb to adopt into our thinking, given the challenging winter we have faced. It's important to remember that Spring always comes—and with it comes renewal, and a host of new COA programs for you to enjoy. Our Spring Catalog is due to launch soon. Watch for the expanded offerings in health and wellness, arts and culture, community-building, educational opportunities, travel, and recreation.

We have also continued to build upon some of our successful program collaborations, most notably the heart-warming and enriching work we have done with Teen Empowerment to build bonds and understanding among Somerville's generations.

Watch for some new art programming. In addition to mosaics with our friend Emily Bhargava, we've got two new workshops—one that focuses on making art from used objects, and one that focuses on how painting and music can help you relax. All of these programs are the result of input and ideas you've given us so far. Perhaps most notable is our plan to bring an educational lecture series called "Foundations of Knowledge" to you very soon.

Watch for more news about these content of these lectures on art, music, and literature in the coming months—and keep the suggestions coming!

It's spring fever.

*That is what the name of it is.
And when you've got it, you
want — oh, you don't quite
know what it is you do want,
but it just fairly makes your
heart ache, you want it so!
~Mark Twain*

Fit-4-Life News

We are pleased to announce the success of our Fit-4-Life exercise and nutrition program here at the Somerville Council on Aging. Over the past two and half years the program has grown beyond everyone's expectations and we are excited to announce the program will be at the Cross St center starting this spring..

We are also happy that data collected from the program is in the beginning phases of being published. It thrills us that the Somerville Council on Aging can offer such a great exercise, health & wellness program as we push to increase the health of our older adult community. Please call Chris if you have any questions on any of our exercise programs.

Message from the Mayor

Contacts & Information

It's FINALLY March!

Happy Spring to all of you!

Even though I know Spring doesn't officially begin until March 20th, I am more than ready for the sight of some flowers and green. I always love the spirit of renewal that comes with Spring! Certainly, after the Winter we've had, Spring can't come soon enough.

It looks as if the COA is ready to welcome Spring as well. I see that their Garden Club is meeting again after a Winter hiatus. I have heard such wonderful things about the knowledge shared in that group. Check it out if you can. And, speaking of gardens, I noticed a trip to the Flower Show in this month's calendar. I hope that many of you get to go and enjoy that event. I can't think of a better way to celebrate the season.

I can't help but notice that there's some very good information for you about Social Security benefits in this issue. I'm glad to see this, and I know that the COA's Social Service Team does a great job helping older adults find benefits and navigate what can be a very confusing system. Remember that they are here to help you in any way they can.

As always, I send you my best.

Have a great beginning of Spring!



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COUNCIL ON AGING OFFICE

Monday - Friday 8:30 a.m. - 4:30 p.m.

CROSS STREET CENTER

165 Broadway ▪ 617-625-6600, ext. 2335

Tuesday & Wednesday 9 a.m.-1 p.m.

HOLLAND STREET CENTER

167 Holland Street ▪ 617-625-6600, ext. 2300

Monday - Friday 9 a.m.-3 p.m.

RALPH & JENNY CENTER

9 New Washington Street ▪ 617-666-5223

Monday - Thursday 9 a.m.-3 p.m.

Healthy Living Hints



Once upon a time, cinnamon was more valuable than gold. While it may not make you rich now, this delicious spice is still quite valuable when it comes to healthy living. The potential health benefits attributable to cinnamon are numerous, and sometimes surprising. Chinese medicine and Ayurveda have long revered cinnamon as a superpower used to treat things such as colds, indigestion and cramps and also believed to improve energy, vitality and circulation. Now, clinical studies have begun to suggest many benefits, including:

- Cinnamon can improve some key risk factors for heart disease, including cholesterol, triglycerides and blood pressure. Just 1/2 teaspoon of cinnamon per day can lower your bad cholesterol (or LDL).
- In people with type 2 diabetes, 1 gram of cinnamon per day has beneficial effects on blood sugar levels. It has also been shown to increase insulin production in the body.
- Cinnamon has antifungal and antibacterial properties, which may reduce infections and help fight tooth decay and bad breath.
- Animal studies and test tube experiments indicate that cinnamon may have protective effects against cancer.
- Cinnamon has an anti-clotting effect on the blood.
- The combination of honey and cinnamon has been found to relieve arthritis pain.
- Just smelling cinnamon boosts cognitive function and memory.

Source: organicauthority.com

Don't Forget: Sunday March 8th Daylight Saving Time Begins



Turn your clocks **forward** one hour! Daylight Saving Time officially begins at 2:00 a.m. on Sunday, March 8th.

Beginning that day, sunrise and sunset will be about 1 hour later, and there will be more light in the evening.



Broccoli and Grape Tomato Frittata

This easy baked frittata is perfect for simple suppers. Even if you are cooking for just one or two, it

is worth making! Leftovers are delicious reheated in the microwave. A mixture of whole eggs and egg whites helps keep the saturated fat in check. You can use liquid egg whites, available in the supermarket egg case.

INGREDIENTS: 4 tsp. olive oil; 1 medium onion, thinly sliced; 3 cups of broccoli florets; 6 large eggs; 4 large egg whites; 1 tsp hot sauce; 1/2 tsp salt; 2 cups grape or cherry tomatoes; 1 cup shredded mozzarella cheese; 1 1/2 tblsp fresh oregano

- Preheat oven to 425 degrees Fahrenheit. Heat 2 tsp of the oil in a 12-inch skillet with oven proof handle over medium-low heat. Add onion. Cook, stirring often, until softened and lightly browned, 3-5 minutes. Transfer to a plate. Wash and dry skillet.
- Steam broccoli until crisp-tender, 3-4 minutes. Refresh under cold running water to stop the cooking. Drain well and pat dry.
- Blend eggs, whites, hot sauce, salt and pepper with a fork in a large bowl. Add tomatoes, cheese, oregano, sautéed onion, and steamed broccoli. Mix well.
- Add remaining oil to skillet and heat. Add egg mixture and transfer to the oven. Bake, uncovered, until top is lightly browned and set, 25-30 minutes.
- Slide the frittata from the skillet to a serving plate and cut into wedges to serve.

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

<p>2</p> <p>9:30 Monthly Breakfast (H)</p> <p>10:30 Moonlighters (H)</p> <p>11:30 Lunch (H)</p> <p>Note: Ralph and Jenny Center is currently closed on Mondays. We hope to re-open when there is more regular participation and attendance</p>	<p>3</p> <p>10:00 English Conversation (C)</p> <p>10:00 Mosaics with Emily Bhargava (C)</p> <p>10:00 Cards (Rf)</p> <p>10:00 Knitting Scarves for Soldiers (Rf)</p> <p>10:30 Men's Group (H)</p> <p>11:30 Lunch (Rf, C)</p> <p>12:00 Computer tutorial with Norbert (by appointment only) (H)</p> <p>Culinary Arts</p>	<p>4</p> <p>10:00 Cards (Rf)</p> <p>10:00 English Conversation (C)</p> <p>11:30 Lunch (H, Rf, C)</p> <p>12:45 Bingo (Rf)</p> <p>1:00 Bowling at Flatbread</p> <p>Fiore</p>	<p>5</p> <p>9:00 Yoga (H)</p> <p>10:00 Cards (Rf)</p> <p>10:00 Knitting Scarves for Soldiers (Rf)</p> <p>10:00 Current Events (H)</p> <p>11:00 Computer tutorial with Barbara (by appointment only) (H)</p> <p>11:30 Lunch (H, Rf)</p> <p>12:45 Bingo (Rf, H)</p>	<p>6</p> <p>10:00 Book Club</p> <p>11:30 Lunch (H)</p> <p>12:45 Bingo (H)</p>
<p>9</p> <p>9:00 Gardening (H)</p> <p>10:30 Stepping Stones (H—Atrium)</p> <p>10:30 Brain Games (H)</p> <p>10:30 Moonlighters (H)</p> <p>11:30 LGBT Congregate Meal (H)</p> <p>11:30 Lunch (H)</p> <p>4:30 LGBT Advisory Board (H)</p>	<p>10</p> <p>10:00 English Conversation (C)</p> <p>10:00 Mosaics with Emily Bhargava (C)</p> <p>10:00 Cards (Rf)</p> <p>10:00 Knitting Scarves for Soldiers (Rf)</p> <p>10:30 Low Vision Group</p> <p>11:30 Lunch (Rf, C)</p> <p>12:00 Computer tutorial with Norbert (by appointment only) (H)</p> <p>12:45 Bingo (Rf)</p>	<p>11</p> <p>10:00 Cards (Rf)</p> <p>11:30 Lunch (H, Rf)</p> <p>12:45 Bingo (Rf)</p> <p>1:00 Bowling at Flatbread</p> <p>Stoneham Theatre</p>	<p>12</p> <p>9:00 Yoga (H)</p> <p>10:00 Cards, Scarves for Soldiers (Rf)</p> <p>10:00 Current Events (H)</p> <p>11:00 Computer tutorial with Barbara (by appointment only) (H)</p> <p>11:30 Lunch (H, Rf)</p> <p>12:45 Bingo (Rf, H)</p> <p>Flower Show</p>	<p>13</p> <p>11:30 Lunch (H)</p> <p>12:45 Bingo (H)</p>
<p>16</p> <p>9:30 Veterans (H)</p> <p>10:30 Moonlighters (H)</p> <p>11:30 Lunch (H)</p> <p>5:30 LGBT Dinner and Movie (H)</p>	<p>17</p> <p>10:00 English Conversation (C)</p> <p>10:00 Scarves for Soldiers (Rf)</p> <p>10:00 Cards (Rf)</p> <p>12:00 Computer tutorial with Norbert (by appointment only) (H)</p> <p>March Madness Super Bingo at Ralph and Jenny</p> <p>6:00 Caregivers Support (H)</p>	<p>18</p> <p>10:00 English Conversation (C)</p> <p>10:00 Cards (Rf)</p> <p>11:30 Lunch (H, Rf, C)</p> <p>12:45 Bingo (Rf)</p> <p>1:00 Bowling at Flatbread</p>	<p>19</p> <p>9:00 Yoga (H)</p> <p>Saint Patrick's Day Celebration at Winter Hill Yacht Club</p>	<p>20</p> <p>11:30 Lunch (H)</p> <p>12:45 Bingo (H)</p>
<p>23</p> <p>9:30 Veterans</p>	<p>24</p> <p>10:00 English Conversation (C)</p>	<p>25</p> <p>10:00 Cards (Rf)</p>	<p>26</p> <p>9:00 Yoga (H)</p>	<p>27</p>

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10:30 Moonlighters (H) 11:30 Lunch (H) Dance	10:00 Scarves for Soldiers (RJ) 10:00 Cards (RJ) 11:30 Lunch (RJ, C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (RJ) 6:00 "Make Something?" (C)	10:00 English Conversation (C) 11:30 Lunch (H, RJ, C) 12:45 Bingo (RJ) 1:00 Bowling at Flatbread	10:00 Cards (RJ) 10:00 Scarves for Soldiers (RJ) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, RJ) 12:45 Bingo (RJ, H)	11:30 Lunch (H) 12:45 Bingo (H)
30 10:30 Moonlighters (H) 11:30 Lunch (H) Mohegan Sun	31 10:00 English Conversation (C) 10:00 Scarves for Soldiers (RJ) 10:00 Cards (RJ) 11:30 Lunch (RJ, C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (RJ) 3:00 Somerville's All City Band (C)			

To sign up for Council on Aging events or classes, Please call (617) 625-6600, ext. 2300. Somerville residents shall receive registration priority on all trips. Non-residents may request to be placed on a waiting list and if openings exist on a trip, non-residents may be able to register. Proof of residency may be required. In all cases, participants are not considered enrolled in a class or event list until deposit payment in full is rendered.

WEEKLY EXERCISE CLASS SCHEDULE

Monday: *Fit 4 Life C, 1:00 p.m., (H)

Tuesday: Strengthening, 9:15 a.m., \$3 per class (H); Dalcroze Eurhythmics, 1:00 p.m., \$2/class(H); *LBT Fit4Life, 6:00 p.m (H)

Wednesdays: *Fit 4 Life A, 8:45 a.m./B, 9 a.m./ C, noon (H); Zumba 4 All, 5:15 p.m., \$3/class (H)

Thursdays: Strengthening, 9:30 a.m., \$3 per class (RJ) ; Yoga, 9:00 a.m., (H) *LBT Fit 4 Life, 6:00 p.m. (H)

Fridays: *Fit 4 Life A, 8:45 a.m./B, 9:55 a.m.

*All Fit 4 Life classes cost \$10/month and require pre-registration. If you are interested in our Yoga classes, please call Chris for more information.

KEY TO ABBREVIATIONS

H: HOLLAND STREET

C: CROSS STREET CENTER

RJ: RALPH & JENNY CENTER

News You Can Use from the Social Services Desk



City of Somerville

Housing Rehabilitation and Heating System Replacement Program

Would you like to make improvements to your home, but lack the funds necessary to make those improvements? Do you need any home modifications to assist your comfort and safety in your home? If so, the City of Somerville is here to help.

The City of Somerville offers a zero percent interest, deferred payment loan to bring your property up to current code requirements. The Housing Rehab Program can provide the funds you need through the federal Department of Housing and Urban Development (HUD). The goal of the program is to provide safe, healthy, and accessible housing to income eligible clients. The City also offers a Heating System Replacement Program, which offers up to forty-five hundred dollars (\$4,500.00) of forgivable funding for the replacement of old and inefficient boilers/furnaces. Income eligibility restrictions do apply for both programs.

Please contact Seamus Lynch, Rehab Specialist, at (617) 625-6600 Ex. 2564, or by email at slynch@somervillema.gov, or contact George Landers, Rehab Program Manager, at (617) 625-6600 Ex. 2569, or at glanders@somervillema.gov.

Need a copy of your SSA-1099 or SSA-1042S?

Go to www.socialsecurity.gov/myaccount



my Social Security

Beginning on February 6th, Social Security beneficiaries can view and print their SSA-1099 and SSA-1042S online via their personal **my Social Security** accounts.

Tax season is here, and many beneficiaries need a SSA-1099 or a SSA-1042S to complete their tax returns. If you receive Social Security benefits and did not receive or misplaced your SSA-1099 or SSA-1042S, you can save time and create a **my Social Security** account to get instant replacements.

Setting up an account is easy, secure, and convenient. You just need to go to www.socialsecurity.gov/myaccount/.

With a **my Social Security** account, you can:

- Get a benefit verification letter;
- Check your benefit and payment information and earnings record;
- Change your address and phone number;
- Start or change direct deposit of your benefit payment; and now
- Get a replacement SSA-1099 or SSA-1042S.

If you want help setting up a **my Social Security** account, the Council on Aging will be hosting a planning workshop called "Back to Medicare Basics" on Monday, May 4th from 4:00-6:00 p.m. this collaborative workshop with the Social Security Administration includes tutorials and registrations for establishing on-line accounts with the Social Security Administration. We'll also be offering a mini, one-hour, morning version of the same workshop (without the on-line piece) on Friday, May 29th from 10:00-11:00 a.m.

We hope that you find this information helpful, and we encourage you to share it with other people you know who receive Social Security.

Fitness Classes

Dalcroze Eurhythmics**Music-Based Fitness Class with Master Teacher Lisa Parker****Research-based exercises done seated or standing.**Tuesdays 1:00 p.m. *Holland Street***Strengthening with Geoff**Tuesday 9:15 - 10:15 a.m. *Holland Street*Thursday 9:30 - 10:30 a.m. *Ralph and Jenny***Fit-4-Life Fitness and Nutrition Program**

- ♦ *Open to all 55+ on Wednesday and Friday mornings and afternoons at Holland Street.*
- ♦ *Open to Somerville's Lesbian, Bisexual, and Transgender women 55 and older on Tuesday and Thursday evenings at Holland Street.*

*Call Chris at (617) 625-6600, ext. 2315 for more information.***Bowling at Flatbread**

Wednesday 1 p.m.

\$10 per week includes shoe rental and dues.

Zumba for All (\$3 per class, \$15 for 6 classes)Wednesday 5:15-6:15 p.m. *Holland Street***Yoga**Thursday 9 a.m. *Holland Street*

\$20 for five week session.

Call Chris for more information or to enroll.

Keep Moving: Everyday Exercises for Older Adults

Sun/Tues 12:30 p.m. and 7:30 p.m.

Thursday 12:30 p.m.

City TV 13 (RCN), 22 (Comcast) Educational Channel 15

LGBT Happenings



LGBT Monthly Lunch – The next monthly luncheon will be Monday, March 9th. at 11:30 a.m. This event happens the 2nd Monday of every month, excluding City Holidays and snow emergencies.

LGBT Advisory Group – Our next Advisory Group meeting will be on Monday, March 9th at 4:30 P.M. This group meets the 2nd Monday of every month excluding City Holidays and snow emergencies.

LGBT Dinner & Movie – Dinner and Movie resumes on Monday, March 16th at 5:30 p.m. A \$5.00 fee covers a pizza and salad, as well as the movie screening. fee. **Must RSVP for the March Dinner and Movie by 10:00 AM on Monday, March 9th.** This event happens the 3rd Monday of every month excluding City Holidays and snow emergencies.

Rainbow Lifelong Learning coming to Holland Street! Join other older adults as you learn more about “The Science of Music.” This is a five week-course beginning on Tuesday, April 28th. The entire course costs \$20, payable in advance. Pre-enrollment required. Visit their website at www.RainbowLLIBoston.org or email RainbowLLIBoston@gmail.com to register.

*If you require additional information or have any questions regarding LGBT programming at the Somerville Council on Aging, please contact Maureen Bastardi at 617-625-6600 Ext. 2316 or email her at MBastardi@Somervillema.gov

Spotlight on...

Sandy Francis



The Somerville Council on Aging's Cross Street Center at 165 Broadway has always been a welcoming spot in the neighborhood. So much of that has been due to the staff and volunteers who make it so. Now more than ever, Cross Street is lucky enough to have the energy and enthusiasm of a devoted volunteer, Sandy Francis. He has become a familiar and well-loved face at Cross Street. His smile and openness to new people and ideas makes him fun to be around. Just ask the participants in the Center's English Conversation program. Sandy, a long-time Somerville resident, had heard about this program and inquired about how he might be able to help. "Because I have travelled quite a bit, I thought this program sounded like something I would like, as well as a place where I could be of help," he says. Francis is no stranger to helping people. He is a retired fire fighter. "Sandy's experience helping people during his career has given him a huge amount of patience and skill," says Janine Lotti, the COA staff person who works with Sandy at Cross Street. "Everyone in our group loves him, respects him, and looks forward to seeing him." If you're ever in East Somerville on a Tuesday or Wednesday morning, be sure to drop in and meet Sandy. You'll see right away how his warmth and kindness have made him a valuable part of the Cross Street community.

Somerville Council on Aging

Somerville Community Service Center

167 Holland St.

Somerville, MA 02144

617-625-6600 ext. 2300

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